



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**JOIN US  
YOU'LL  
MAKE A  
DIFFERENCE**



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**Fall/Winter 2022**

**September-December**

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**DuBois Area YMCA**

25 Parkway Drive, DuBois 814-375-YMCA (9622)

Treasure Lake Ext.: 100 Coral Reef Rd (in Towne Market Plaza) 814-372-2374

**[www.duboisymca.org](http://www.duboisymca.org)**



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## GENERAL INFORMATION

We are here to help you

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### Hours of Operation

Mon-Thu:	5:30 AM-9:00 PM	(Both)
Friday:	5:30 AM-9:00 PM	(DuBois)
	5:30 AM-7:00 PM	(Treasure Lake)
Saturday:	6:00 AM-3:00 PM	(DuBois)
	7:00 AM-3:00 PM	(Treasure Lake)
Sunday:	10:00 AM-2:00 PM	(Both)

Closed on  
New Years Day,  
Easter,  
Memorial Day,  
Independence  
Day, Labor Day,  
Thanksgiving, &  
Christmas.

Early closing on  
Christmas Eve &  
New Years Eve.



**BUDDY-UP  
FOR FITNESS**  
Achieve More Together

Some things just go better together. When you and your friend (BFF) commit to the Y together, you will both receive an exclusive 20% savings off of the standard membership rate each month.

### Treasure Lake Extension 372-2374

Our extension site has many of the amenities that our main location has including Icarian selecterized equipment, free weights, cardio machines, and locker rooms with shower facilities.

FULL Membership Categories	Monthly Draft	Joining Fee
<b>FAMILY</b> Any 3 adults 18-99 yrs & any children 0-26 yrs living in same household	<b>\$57</b>	<b>\$30</b>
<b>FAMILY SR COUPLE</b> Any 2 adults 60+ living in same household	<b>\$45.50</b>	<b>\$30</b>
<b>ADULT</b> 1 person 27-59 yrs	<b>\$42</b>	<b>\$30</b>
<b>ADULT SENIOR</b> 1 person 60+	<b>\$33.50</b>	<b>\$30</b>
<b>YOUNG ADULT</b> 1 person 18-26 yrs	<b>\$33.50</b>	<b>\$30</b>
<b>COLLEGE STUDENT</b> 1 person 18-59 yrs and full-time college student	<b>\$16</b>	<b>\$25</b>
<b>YOUTH</b> 1 person 0-17 yrs (18 if still in HS)	<b>\$10</b>	<b>\$15</b>

### FULL MEMBERSHIP INCLUDES\*

**MOST CLASSES/PROGRAMS FREE FOR ANY ADULT or FAMILY MEMBERSHIPS**

Plus discounts on any paid class/program for all memberships

- Use of BOTH facilities (DuBois & TL Extension)
- PRECOR® Weight Machines and Free Weights
- Swimming pool and Whirlpool
- Cardio Equipment with Personal Viewing Device (Main)
- Indoor Cycling Center (Class use only)
- Gymnasiums (Main)
- Youth Activity Center
- Locker Room Facilities with Sauna & Steam Room
- Racquetball Courts
- Orientation on equipment

\*Some facility/equipment use restrictions dependent upon age/membership type

### Other Membership Options

- Treasure Lake Express Membership - \$29.95/mo
- Free Middle School Initiative 1-year membership
- Corporate Wellness Partner Program - 20% discount
- **Financial Assistance available based on need/income**

For more information

375-YMCA (9622)

[www.duboisymca.org](http://www.duboisymca.org)

[dubymca1@comcast.net](mailto:dubymca1@comcast.net)



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



## INFANT, TODDLER & PRESCHOOL DEVELOPMENT



Our Child Development Centers provide care in a nurturing environment starting at six weeks of age. Our quality staff provides an instructional program your child will be sure to enjoy. Daily activities are centered on weekly themes to include plenty of stories, songs, arts and crafts. They also enjoy the great outdoors with walks in the park. We also provide your child with breakfast, lunch, and an afternoon snack.

### LOCATION

Infant, Toddler and Preschool Child Development is provided Monday thru Friday at our YMCA DuBois location on Parkway Drive.

### REGISTRATION

Enrollment is arranged thru the Child Development Director. All participants must be pre-registered.

### HOURS

Monday thru Friday; 6:30 am – 5:30 pm

### Infants and Toddlers

Member & Potential Member \$31 daily

### Preschool

Member & Potential Member \$30 daily

Note: Rates are based on 9.5 hours of care daily. Half day is available. Minimum of 3 days enrollment for Toddler and up. Infants are full-time enrollment only. Contact Darlene Stuart, Child Development Director for more information.



## BEFORE SCHOOL & AFTER SCHOOL DEVELOPMENT

We offer quality alternatives for the working parent with before and after school programs. The children have time to relax, play and do their homework.

### LOCATION

State licensed facilities at our YMCA DuBois location on Parkway Drive. Children from all area elementary schools are welcome.

### REGISTRATION

All students must be pre-registered in the program to participate. Children grades K-5.

### HOURS

Before School 6:30 am – 9:00 am

After School 3:30 pm – 5:00 pm (5:30 is final pickup)



## School Age Programs (Grades K-5)

### Before **OR** After School

**Member** \$65 weekly  
Potential Member \$70 weekly

### Before **AND** After School

**Member** \$90 weekly  
Potential Member \$95 weekly

### LICENSE

The YMCA Child Development Program is licensed by the State's Office of Child Development and Early Learning (ODEL).

### FINANCIAL ASSISTANCE

The YMCA participates in DPW subsidized Child Care Programs.

Dates, times and prices of all YMCA programs are subject to change without notice

For more information

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## SWIM LESSONS

**Head Instructor: Denise Dennison**

Swim lesson classes are designed to build confidence and endurance while being in the water. They also teach water safety, using water sports and games which allow children to progress through the stages of learning how to swim. Children progress at different rates so it is expected that a child may repeat a stage within an age class level until they are developmentally ready to move on. Parents are not in the water with the child, except for Aqua Babies level. They are asked to remain outside of the pool area to view the lesson. Age groupings may flex dependent upon the ability of the swimmer and the overall group registration for that particular session. Lessons are 6 weeks unless otherwise noted.

### Class & Registration Schedule at a Glance

Session	Classes Offered (AM Times)	Member	Potential Member	First Class	Last Class
Fall 1	8:30, 9:30, 10:00, 11:00	Starting 8/28	Starting 9/4	9/17	10/22
Fall 2	8:30, 9:30, 10:00, 11:00, 11:30	Starting 10/9	Starting 10/16	10/29	12/3

### Aqua Babies **Stages A-B** (See BOX to right)

**Ages 6-35 months**

**Saturday: 11:30 am-Noon**

Half-hour lessons teach infants and toddlers to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision. Parent/adult will be in the water with child. **This class begins Fall 2 session.**

### Pre-School **Stages 1-4** (See BOX to right)

**Ages 3/4-6**

**Saturday: 9:30-10:00 am or 11:00-11:30 am**

Half-hour lessons allow your preschooler to learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1) Swim, float, swim and 2) Jump, push, turn, grab. These basic arm and leg movements will build a strong foundation for strokes taught in stages 4-6.

**Family or Youth Member \$24 Potential Member \$43**

### Progressive **Stages 1-6** (See BOX to right)

**Ages 6 & up**

**Saturday: 8:30-9:30 am Teen & Adult Levels  
10:00-11:00 am School Age Levels**

One hour lessons start children/adults in the appropriate stage for their water skills. Personal water safety and basic swimming competency are taught or reviewed. Additional water safety skills and advanced stroke techniques are developed/expanded through endurance.

**Family or Youth Member \$41 Potential Member \$77**

### Private Swim Lessons **All ages**

**Tuesday, Thursday afternoon TBA**

Learn to swim or enhance your technique with qualified swim instructor, Denise Dennison. Pick up an application at the front desk. Prices are per person per ½ hour.

**Family or Youth Member \$12 Potential Member \$23**

## STAGE DESCRIPTIONS

### SWIM STARTERS

(Parent with Child Lessons)

**Stage A: Water Discovery** - Introduces infants and toddlers to the aquatic environment.

**Stage B: Water Exploration** - Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS

(Recommended skills for all to have around water)

**Stage 1: Water Acclimation** - Increases comfort with underwater exploration and introduces basic self-rescue skill performed with assistance. No water experience.

**Stage 2: Water Movement** - Encourages forward movement in water and basic self-rescue skills performed independently. Willing to participate.

**Stage 3: Water Stamina** - Develops intermediate self-rescue skills performed at longer distances than in previous stages.

### SWIM STROKES

(Skills to support a healthy lifestyle)

**Stage 4: Stroke Introduction** - Introduces basic stroke techniques in front/back crawl and reinforces water safety through treading water and elementary backstroke.

**Stage 5: Stroke Development** - Introduces breaststroke/butterfly and reinforces water safety through treading water longer and sidestroke.

**Stage 6: Stroke Mechanics** - Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.



## Online Registration Available

Click on Programs tab on our website

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## DOLPHIN SWIM TEAM

Boys and Girls Ages 5-18  
Oct 3 – Feb/Mar

**Coaches:** Melia Andrulonis  
Gabi Wayne



This is a competitive swimming program. All participants must be a DuBois Area YMCA member (league rule).

## PRACTICE SCHEDULE

**Weekday Afternoons** Starts Oct 3 Specific Times TBA  
Practice schedule will be adjusted dependent upon swimmers' levels and/or number of registrations in age groups.

## MEET SCHEDULE

**Saturday (AM or Aft)** Specific Days & Times TBA  
Swim meets are dual or tri-meets with other YMCA teams starting in December. They are held at the DuBois YMCA and at other YMCAs or school facilities.

*More details at the September (TBA) information meeting*

**All ages (5 – 18 yrs) \$145**  
**HS Swim Team Member \$ 50**

*Prices includes team T-Shirt and League Championship fees*

Additional child/children from the same family are ½ price (excludes High School swim team members). Oldest child is always registered first.

## KARATE - WORLD TANG SOO DO

Boys and Girls Ages 8-18  
Thursdays 6:00-7:30 pm



**Instructor:** Rick Panebianco, Oh Dan/5<sup>th</sup> degree Master  
**Assistants:** Doug Walk, Sam Dan/3<sup>rd</sup> degree Black Belt  
Barbara Panebianco, E Dan/1st degree Black Belt

This program, operated by the Tri County Karate Academy, is open to youth and ADULTS. New students welcome any time! You will get in better health, challenging your mind, body and spirit. Learn discipline, self-control, and confidence in this Korean Martial Art.

**Location:** Auxiliary Gym

**Family or Youth Member \$25** Potential Member \$45  
Prices are per month on a bank draft basis

Other costs (pay instructor directly):

- 1-time WTSDA membership fee \$60
- Uniforms (See instructor for info)

## BIRTHDAY PARTIES

The pool, auxiliary gym, and/or a room may be rented for your private birthday party or get together on Saturday and Sunday afternoons.

### Swimming Pool or Auxiliary Gym

**Member \$65/hr** Potential Member \$85/hr  
Extra Lifeguard (groups of 50+) \$25

### Party Room

**Member \$25/hr** Potential Member \$30/hr

A security deposit of \$25 is due 1 week in advance.

## OVERNIGHTERS

The main facility is available for rental upon approval for private groups on Friday evening after regularly scheduled building hours. It includes the scheduled use of the pool with a lifeguard on duty. The gyms are available for basketball, volleyball, soccer and more. There are 3 racquetball courts with one equipped for Wallyball play. Great idea for large groups!



**Member \$400** Potential Member \$550

A security deposit of \$100 is due 2 weeks in advance.

**To place a request for a rental reservation listed above, contact Paula DuBois or front desk staff at 375-YMCA**



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# YOUTH DEVELOPMENT

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## YOUTH VOLLEYBALL

**Boys & Girls Grades 3-6, 7-8**  
**Sept 7 – Oct 15**

Meets twice weekly for a practice and a game. Participants will learn the basic game rules and practice skills of digging, passing & setting according to their abilities and progression.

**Registration:** Aug 28-Sept 7

**Meets on** Wed 4:15-5:15 pm; Sat 11:00 am-12 Noon

**Location:** Auxiliary Gym

**Family Member Free**

**Youth Member \$25** Potential Member \$45



## YOUTH BASKETBALL

**Boys and Girls Grades 1-4**  
**Oct 25 - Dec 10**

Meets twice weekly for a practice and a game. Participants will learn the basic game rules and practice skills of shooting, passing, dribbling, defense and team concepts according to their abilities and progression.

**Registration:** Oct 3-25

**Meets on:**

- **Gr 1-2:** Tue 5:15-6:15 pm; Sat 9:30-10:30 am

- **Gr 3-4:** Tue 6:30-7:30 pm; Sat 10:45 -11:45 am

**Location:** Main Gym & Auxiliary Gym

**Family Member Free**

**Youth Member \$25** Potential Member \$45

**Sports program T-Shirts are optional (added \$7 fee)**

Multiple youth from the same family in the same \$25/\$45 youth sports program may receive a 1/2 price discount for the 2nd or 3rd additional child registering



## BASKETBALL LEAGUES

**Boys Grades 5-6** Oct 6 - Dec 3

**Girls Grades 7-8** Oct 31 - Jan 14

INDIVIDUAL player registration, teams selected by draft by YMCA staff and coaches. Mandatory substitution schedule. First practice 4-5 pm; Boys: Thursday, October 6, Girls: Monday, October 31. If needed, YMCA staff/coaches will draft teams prior to second practice.

**Registration:** Boys, Sept 18-Oct 6 Girls, Oct 10-31

**Practice:** See above; Entire schedule given 1st practice

**Game:** Fri 6:30-7:30 or 7:30-8:30 pm

**Family Member Free**

**Youth Member \$25** Potential Member \$45

## BASKETBALL TOURNEYS

**Boys Grades 5-6** Dec 2-3

**Girls Grades 7-8** Jan TBA

Bring your own TEAM and coach. 3-game guarantee. Separate tourneys by grade, if possible. Teams/players can play up a grade, but not down. Games to be played on Friday evenings and Saturdays (Sunday, if needed). Registration opens 6 weeks prior to tournament. Deadline is one week before. Registrations are limited.

**\$100 per team** \$75 if paid in full 3 weeks before

### YOUTH SPORTS MOTTO Everybody plays; All are Valuable

Parents may be asked to volunteer coach, score keep, referee or help out during practice/games.

**Online Registration  
Available**



Click on Programs tab on our website

**UPCOMING YOUTH & ADULT SPORTS** See page 10

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# YOUTH DEVELOPMENT

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The DuBois Area YMCA offers a Middle School Initiative Program to **all 5-8th grade students** in the following schools/districts\*; DuBois Area, Brockway, DuBois Catholic and DuBois Christian, including cyber & home-schooled students.

\*Adjoining school districts may be considered on a case-by-case basis.

DuBois Area

## MIDDLE



## SCHOOL

## INITIATIVE

For 5-8<sup>th</sup> graders



The goal of the Initiative Program is to inspire youth to discover their passions, seek a healthy lifestyle and gain the developmental assets needed to avoid risky behaviors as they pursue success in school and life.

Each child and parent/guardian will sign a letter of agreement stating what is expected of the youth registered in the program. It includes, but is not limited to, students participating in a 6 week program of structured curriculum and/or activity-based sessions designed for their age, meeting once a week. Those that complete the program receive a free youth membership for a year.

**An Initiative information flyer and registration form are available at the YMCA on Parkway Drive or at [www.duboisymca.org](http://www.duboisymca.org)**

*Contact Zac Wilcox or Paula DuBois at 375-9622 for additional information or questions.*



## YOUTH ACTIVITY CENTER For children 7-17 years old

**HOURS: MON-FRI 3:00-5:00 pm**

Meet your friends after school or come in to do some homework. Food and drinks are allowed. Various recreational games available.

NOTE: Our Child Development program uses one side of the YAC for its before and after school programs. Middle-schoolers and above will utilize the other side.



## AFTERSCHOOL PROGRAMS 3:15-4:00 weekdays

(Times are adjusted if necessary due to staffing needs)

- **Various Sports/Activities** Monday, Friday
- **Middle School Initiative** Tuesday
- **Game Day Tournaments** Wednesday
- **Open Dodgeball** Thursday

Activities are dependent upon the amount of interest of individuals on that particular day. Tuesday MSI activities are required for those enrolled in the program, but open to those interested in attending upon request and approval by Program Director.

**Member Free    Potential Member Day Pass**

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**For more information**

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# HEALTHY LIVING

Improving the nation's health and well-being



## **FREE Classes/Programs\* for members**

All adult/family membership categories OR Youth connected to Family membership

*\*Excluded: Karate, Swim Lessons (Group or Private), Tennis or Golf Lessons, Swim Team and Team-Registered programs*

## **DISCOUNTED Classes/Programs for members**

All adult/family memberships OR a Youth membership not connected to a Family membership

**MEMBERS**, we request that every six week session you register for each class you take



**Potential Member prices listed for each class are per 6-week session** (One-time attendance of class is \$10)

### **Class & Registration Schedule at a Glance**

Session	Member Reg	Potential Member Reg	First Class	Last Class
Fall 1	Starting 8/28	Starting 9/4	Week of 9/12-17	Week of 10/17-22
Fall 2	Starting 10/9	Starting 10/16	Week of 10/24-29	Week of 11/28-12/3

## **AQUACISE**

**Monday, Wednesday & Friday 8:30-9:30 am**

**Tuesday & Thursday 6:00-7:00 pm**

This low impact, low intensity water class is a great introduction to the therapeutic benefits of the pool while gaining flexibility and improving your overall health.

**Instructor: Barb Murray**

**Instructor: Denise Dennison**

**M/W/F Member FREE** Potential Member \$140

**T/TH Member FREE** Potential Member \$110

## **SilverSneakers® & Silver and Fit®**

**Tuesday & Thursday 8:00-8:45 am; 10:00-10:45 pm**

**Instructor: Miranda Allen**

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Those who are enrolled in Medicare Part B and have supplemental insurance through either designated Highmark Blue Cross/Blue Shield, UMPC For Life or Geisinger Health Plans are eligible and also enjoy the privileges of being a YMCA member.

**Member FREE**



## **WATER TONING**

**Tuesday & Thursday 8:30-9:30 am**

**Instructor: Lillian Smith**

This intense aerobic class is designed to improve aerobic conditioning, muscular endurance, and flexibility while providing little to no impact on knees and hips since it is done in the water.

**Member FREE** Potential Member \$110



## **AQUA ZUMBA®**

**Thursday 5:15-6:00 PM**

**Instructor: Sandy Wolf Stom**

Jump into the Latin inspired, easy-to-follow dance party that makes working out a splash. It's a Pool Party!

**Member FREE** Potential Member \$110

**Online Registration Available**

Click on Programs tab on our website



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## BODY FITNESS

**Tuesday & Thursday 5:00-6:00 pm**

**Instructor: Holly McKolosky**



Get ready to **Strengthen**, **Sculpt** and **Shred**! This class uses a combination of body weight exercises, barbells, free weights, and a variety of equipment designed to strengthen and sculpt the muscles. It incorporates bursts of cardio and tabata to boost the metabolism to shred those pounds. An overall body workout set to music, which varies periodically to keep you motivated. Class welcomes all fitness levels and can be modified to meet individual needs.

**Member FREE** Potential Member \$110

## POUND®

**Friday 6:15-7:00 am**

**Instructor: Lynne Norris**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**Member FREE** Potential Member \$65

## STRENGTH TRAINING & FUNCTIONAL FITNESS

**Monday, Wednesday & Friday 9:30-10:00 am**

**Instructor: Dawn Shields**

These classes aim at building the best structural foundation for your body to prevent pain and push you to your pinnacle; both inside and outside these walls. Each class is a varied combination of functional movements performed at relatively high intensity, amplifying your physical and mental acuity so you can own the trail or the boardroom. ST & FF encompasses everyday movements, focusing on speed, agility, range of motion, core strength and flexibility. It will vary so that you never sweat through the same workout from month-to-month.

**Member FREE** Potential Member \$140

## ZUMBA FITNESS®

**Monday 5:30-6:30 pm**

**Instructor: Sandy Wolf Stom**

Zumba has grown as one of the most popular exercise classes on the planet. It is the perfect combo of fun and fitness which involves high-energy Latin, international and current music with dance moves and aerobic elements. This 60 minute Original Zumba Fitness-Party can burn up to 1,000 calories.

**Member FREE** Potential Member \$65



## ZUMBA TONING®

**Wednesday 5:30-6:30 pm & Saturday 8:00-9:00 am**

**Instructor: Sandy Wolf Stom**

This takes Zumba to the next level. It uses that music and targets all your muscles while using toning sticks or hand weights. It is a very safe, yet effective total body sculpting workout. This class does 45 minutes of fitness and 15 minutes of toning/ab work which helps reduce body fat, contributes to strong muscles and improves your stamina.

**Member FREE** Potential Member \$110



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## INDOOR CYCLING/SPINNING

**Various Days/Times**

**Instructors: Varies** (see Cycling Schedule)

**KEISER GROUP CYCLING** – Come experience group cycling at a whole new level! The bike gives a ride closer to outside cycling and incorporates a computer that creates a unique training experience. Must be at least 4'11" and 13-16 years old must be with parent. Maximum enrollment per class is 12 participants. Taught by trained instructors. Class schedule is posted at YMCA or on website.

**Member FREE** Potential Member \$100 (12 classes)



## PICKLEBALL

**Ages 14 & Up**

**Monday-Friday 8:00-10:30 am; Saturday 9:30-Noon**

**Monday, Wednesday 6:30-8:30 pm**

This is open play in the main gym/auxiliary gym. A court sport that combines the elements of ping-pong, tennis and badminton. Equipment is available or bring your own. Schedule may change due to seasonal programming. Current days/times are listed on main schedule for gyms. *Tournament scheduled for Saturday, October 22*

**Member FREE Potential Member Daily Day Pass**

Separate fee for tournament



## RACQUETBALL

**Ages 12 & up**

Courts are available for open play. Reserve a court/time at the front desk. Children under 12 allowed with adult.

**Member FREE Potential Member Daily Day Pass**

## PERSONAL TRAINING

**Ages 18 & up**

**Various times/days**

The Y offers personal training with instructor David M. Curulla, CPT,CES-WLS-FNS-CNC. Day, times and prices vary according to the customer's needs. Contact Paula DuBois at 375-9622 to set up your first orientation and fee structure.

## ADULT BASKETBALL

**Ages 16 & up**

**Monday & Wednesday 6:30-8:30 pm**

**Sunday 10:30 am-12 Noon**

Open play pickup games on Side 2 of the Main Gym. An additional court sometimes available.

**Member FREE Potential Member Daily Day Pass**



## ADULT 17+ "College Break " BASKETBALL

**Monday-Thursday evenings**

**December 12-29**

5-on-5 team league in main gym; unlimited roster. Current HS juniors/seniors and college players allowed per league rule. Male and/or female.

**\$70 per team**, \$55 if paid in full by first game

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## SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



### BLOOD DRIVE

**September 6, November 1 1:00-6:30 pm**

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays. More dates scheduled for 2023. Details concerning an upcoming drive will be posted at the YMCA and on website.

### MIDDLE SCHOOL INITIATIVE

See page 6

### SILVER SNEAKERS® /SILVER & FIT®

See page 7

### DAILY DAY PASS

**Every Day**

Those in the community can use our facilities by purchasing a pass for that day.

Youth, College Student & Senior Adult (60+)	\$6
Adult (18-59)	\$10
Family (3 or more adults/children from same family)	\$20



### A MATTER OF BALANCE *Managing Concerns about Falls*

**October 12-November 30**

**Instructor: Kara Bauer**

**Wednesdays 9:00-11:00 am**

This 8-week, 2-hour class is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. This program is provided through Penn Highlands DuBois Trauma Services. A workbook is provided and refreshments are served. Class size is limited.

**Member Free**



## UPCOMING 2023 SEASONAL PROGRAMS & EVENTS

**INDIVIDUAL Basketball Leagues:** Girls 5-6th (1/4-2/18); Boys 7-8th & 9-10th (2/15-3/31)

**TEAM Basketball Tourneys:** Girls 5-6th (Feb TBA); Boys 7-8th (March TBA)

**Soccer:** Youth-Coed grades K-4th (1/3-2/11); **Futsal Leagues-**Boys & Girls; Middle & High School (1/15-3/12)

**Junior Pens Hockey:** K-12<sup>th</sup> grade (2/21-4/1)

**Co-Ed Adult Volleyball League:** Ages 17 & up (starts 1/9, 11)

**Golf Lessons:** Ages 12 & up (March TBA)

**Tennis Lessons:** Ages 5-9; 10 & up (May TBA)

**Community Events:**  
Polar Bear Plunge

Dates, times and prices of all YMCA programs are subject to change without notice

For more information

375-YMCA (9622)

[www.duboisymca.org](http://www.duboisymca.org)

[dubymca1@comcast.net](mailto:dubymca1@comcast.net)

## DUBOIS AREA YMCA

25 Parkway Drive  
DuBois, PA 15801  
814-375-9622

[www.duboisymca.org](http://www.duboisymca.org)

dubymca1@comcast.net

<https://www.facebook.com/DuBois-Area-YMCA>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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sent directly to your inbox

Simply give us your email address...stop by the front desk or email us  
at [dubymca1@comcast.net](mailto:dubymca1@comcast.net)

## YMCA DATES AT A GLANCE

**AUGUST** 28.....Member Registration (Fall 1)  
**SEPTEMBER** 4 ..... Potential member Registration (Fall 1)  
September 5 .....Facilities Closed (Labor Day)  
September 6.....Blood Drive  
September 7.....Youth (Grades 3-6, 7-8) Volleyball begins  
September 12-October 22.....Fall 1 Session  
**OCTOBER** 6.....5-6<sup>th</sup> grade Boys B-Ball INDIV League begins  
October 9.....Member Registration (Fall 2)  
October 16 .. .....Potential Member Registration (Fall 2)  
October 22.....Fun For ALL Pickleball Tourney  
October 24-December 3.....Fall 2 Session  
October 25 .....Youth (Grades 1-4) grade Basketball begins  
October 31.....7-8<sup>th</sup> grade Girls B-Ball INDIV League begins  
**NOVEMBER** 1.....Blood Drive  
November 3.....Dolphin Swim Team Season begins  
November 20.....Member Registration (Holiday)  
November 24 .....Facilities Closed (Thanksgiving)  
November 27 .....Potential Member Registration (Holiday)  
**DECEMBER** 2-3.....5/6<sup>th</sup> grade Boys B-Ball TEAM Tourney  
December 5-17.....Holiday Session  
December 12 .....“College Break” B-Ball League begins  
December 19-31.....Session Break  
December 18.....Member Registration (Winter 1)  
December 25 .....Facilities Closed (Christmas)  
December 26 .....Potential Member Registration (Winter 1)  
**JANUARY** 1.....Facilities Closed (New Years)  
January 2.....2023 Winter 1 Session begins  
January TBA.....7/8<sup>th</sup> grade Girls B-Ball TEAM Tourney

For more about programs and up-to-date information

[www.duboisymca.org](http://www.duboisymca.org)



### THE REASON WE EXIST

**To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

At the Y, strengthening community is our cause. The Y serves three crucial areas of focus to help individuals, families and communities learn, grow, and thrive.

**The Y is for Youth Development**, because we believe that all kids deserve the opportunity to discover who they are and what they can achieve.

**The Y is for Healthy Living**, improving the nation's health and well-being.

**The Y is for Social Responsibility**, giving back and providing support for our neighbors.



For more about the Y and what it is all about visit [www.ymca.net](http://www.ymca.net)

The DuBois Area YMCA prohibits discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age or sex in all its programs, activities, personnel policies, procedures, admissions, provisions of services, and referrals of residents.